

LIVE THE PROMISE

The cost of unforgiveness

Susie Larson on March 9, 2018

Does it really matter if I don't forgive someone?



Stu Epperson Jr. says that for the believer, forgiveness is not an option, and for good reason.



"It breaks my heart how many issues of unforgiveness there are among believers. I know people that claim to be believers that can't stand the sight of each other, they won't go near each other. If they go into the same room, they'll sit in opposite ends and they will not speak to each other. How can the love of Christ dwell in me if I say I love God and I hate my brother?"

Not only is it wrong in a spiritual sense to harbor unforgiveness, it's also hazardous to our health.

"Statistic after statistic bears this out. Mental trauma, physical trauma, even cancer can result from unforgiveness. Scientists and doctors alike agree that unresolved conflict in your life, this stress, this anxiety, all of these unresolved issues are causing the expanse of cancer and the anxiety ridden life is going to lead to worse health."

Over and over again, it has been found that those who resolve their unforgiveness see a positive outcome in their overall health.

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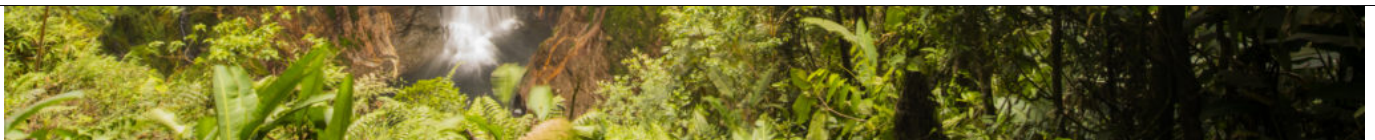
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